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WHO'S THAT BOY?

JAMES? ARTHUR? FRED? NOW THAT THE ROYAL BUNDLE OF JOY HAS ARRIVED, THE PRESSURE IS ON TO NAME THAT BABY

PAGE 7

Getting his pucks in a row

Team Canada GM Steve Yzerman is looking for speed and skill at next month's tryouts for the Winter Olympics in Sochi, Russia PAGE 16

Londoners say prost! with Pride

Local bartenders toast Pride Week with special cocktails, while LGBT athletes talk about the need to level the playing field in community and pro sports PAGES 4, 5 & 6

NEWS WORTH SHARING.

$100K for Memorial Cup is a slap in the face, Sunfest head says

A busker shapes a balloon into a motorcycle during Sunfest this summer in Victoria Park. Alfredo Caxaj, the festival's artistic director, says the city doesn't do enough to support the arts and music scene and yet is more than willing to sink six-digits worth of money into next spring's Memorial Cup hockey tournament. ANGELA MULLINS/METRO

It's all sports, all the time. Arts events deserve more funding, organizer complains

SCOTT TAYLOR
scott.taylor@metronews.ca

There's no argument the Memorial Cup is a big economic deal for any city that hosts it. But is it more important than 10 other festivals combined?

If you ask Tourism London head John Winston, the answer is an emphatic "yes," and he seems to have the numbers on his side to prove it. Here's how it breaks down.

Tourism London is providing a cool $100,000 for next spring's Memorial Cup at Budweiser Gardens. Winston asked the city to match that, which the corporate services committee agreed to do Tuesday without debate. Full council will weigh in next week. The payoff, Winston estimates, will be up to $10 million in economic spinoff.

Some of the Cup funds will go to combat the warm May weather that can play havoc on ice conditions. "I'm almost assured that we're going to have hot weather at that time, so we need to rent a portable dehumidification system," he said.

It doesn't seem like a big price to pay until it's compared with the funding other city events receive. The Pride London Festival gets only $1,025 in municipal funding even though organizers say it is growing each year. The popular Sunfest does a little better, but not by much. The city funds that to the tune of $7,149.

Alfredo Caxaj, artistic director of Sunfest, says the funding is unfair and he wants it improved in time for next year's edition.

"We've been trying for years to make a case of what festivals bring to the community," he said. "They're established, they happen on a yearly basis, it's been proven that there's an economic impact of millions of dollars, but when it comes to sports, everyone jumps at that. They don't care about the arts."

Winston counters that festivals attract a base that already lives here, while events such as the Memorial Cup bring hordes of people from out of town.

Caxaj disagrees. "That's a big lie," he said. "(Winston) is into sports. He doesn't care about arts and culture."

He said more than 200,000 people attended this year's Sunfest and that 25 per cent of all festival patrons come from out of town. He was unable to produce any hard evidence of either figure.

Overall, the city will spend slightly more than $70,000 on 10 events in 2013, including Canada Day festivities and the Home County festival.

NEWS

On the street

With London's Neighbourhood Watch program standing on shaky ground and city officials considering yanking its funding, Metro asked readers if they would miss the grassroots crime-fighting initiative should it be uprooted. Here's a look at what people said:

Andrea Stranges, 18

"I don't see it helping in actuality. I think there's a Neighbourhood Watch where I live, but I don't know how necessary it is."

Kyle Rose, 25

"I think they should provide it. But if not, I don't see why it couldn't team up with existing things like Block Parent."

Caroline Gao, 26

"I would care, I think. If they're not properly managed, maybe it's good if they shut down at least for a while."

Kyle Hanley, 22

"The signs are everywhere. I guess you should feel safer with them up, but at the same time ... you can't really trust your neighbours especially if you don't know them."

JEREMIAH RODRIGUEZ/ FOR METRO

Sweet deal. Chocolate factory bringing jobs

A Spanish chocolate manufacturer will open a plant in London early next year.

Natra, which is looking to grow sales in North America, plans to have 60 employees once the plant is running at full capacity, according to the London Economic Development Corp.

The company plans to invest the Canadian equivalent of about $16 million in the 100,000-square-foot plant. Output of 12,000 tonnes daily is expected.

Natra serves clients across five continents with four specialized production centres in Spain, Belgium and France. The London plant will make, among other things, chocolate and cocoa-derived spreads and Belgian specialties.

METRO

911 call. Two charged after toddler left in car

A 36-year-old woman and a friend, 33, have been charged after police responded to a 911 call July 13 concerning a child and a dog left alone in a vehicle.

Witnesses saw the toddler and the dog in the vehicle at the northwest corner of Fanshawe Park Road and Richmond Street. They were removed by EMS, and no injuries were reported. The child's mother and her friend, both of London, have been charged with abandoning a child under 10 years old. Police are not releasing their names to protect the identity of the child.

SCOTT TAYLOR/METRO

On the web

For more local news go to metronews.ca

Neighbourhood Watch remaining optimistic

Tough week. Group is looking ahead after mass resignations, city funding up for debate

MIKE DONACHIE
mike.donachie@metronews.ca

"Today is a good day."

The optimism from Susan Hogarth, executive director of Neighbourhood Watch London, was unexpected on Tuesday, to say the least.

After a turbulent week for the community safety network, in which almost its entire board of directors resigned hours before city councillors were due to re-examine its funding, Hogarth had positive words for its thousands of volunteers.

"We're sending out a message to the area co-ordinators to let them know that the office is open, fully functioning, business as usual," Hogarth said. "We're here if they have any questions as we always have been and always will be."

On Monday night, things looked very different. There were grim looks on city councillors' faces as the community and protective services committee heard about the resignations.

Those walking out included president Chris Olech and past president Rod Refcio, who were the focus of animosity from volunteers last month at an angry meeting where questions were asked about the way the nonprofit was being operated.

By Tuesday afternoon, a board made up mainly of community volunteers was in place to ensure the group's survival as it draws up the reports needed to keep the $96,417 a year it gets in city funding. It has already received $48,209 this year.

Hogarth was confident that paperwork will be in order in time for a follow-up discussion with city politicians next week. Mayor Joe Fontana, speaking Monday, said he had no plans to give the group another penny until questions were answered.

"We're looking forward to the future to a growing Neighbourhood Watch," Hogarth added. "We feel optimistic today."

Still at work

Current directors of Neighbourhood Watch:

- Jonathon Ferreira
- Christina Riddell
- Chelsea Gould
- Raphael Metron
- Joan Brennan

Signs marking areas that have adopted Neighbourhood Watch can be found in all parts of the city. While operations are being scrutinized at city hall, the city-funded agency says it's ready to move forward instead of looking back.

MIKE DONACHIE/METRO

World Hepatitis Day

Free hepatitis C testing available

Free hepatitis C testing will be available from 2 to 4 p.m. Wednesday at the Regional HIV/AIDS Connection (186 King St., Unit 30). The tests are being offered to help mark World Hepatitis Day, which is Sunday. METRO

Western Fair District

Farm exhibit heading outdoors

The Western Fair District's annual Down on the Farm exhibit is moving. Featuring barnyard animals and showcasing rural life, the exhibit is being relocated for this year's fair, moving outdoors to Queens Park.

METRO

Saving lives

Researcher at Western lauded

Dr. Salim Yusuf, a Western University researcher and professor credited with saving lives through his work has earned this year's J. Allyn Taylor International Prize in Medicine.

METRO

Crash

Driver drunk when he hit pole: Cops

Police say a London driver was drunk when he ran into a pole in the median, causing it to fall onto a car with four passengers.

The incident happened about 12:30 p.m. Tuesday on Oxford Street just west of Highbury Avenue. METRO

Amazing Race. Londoners holding their own en route

Their magical mystery tour through Vancouver's Chinatown nearly sent them home after two episodes, but the London cop and his civilian partner lived to see a third episode of The Amazing Race Canada after Monday's nail biter.

And, they have vengeance in mind for one of the couples.

Const. Jet Black and buddy Dave Schram from London slowly slipped from third down to seventh Monday evening, mostly because they spent nearly four hours wandering the city's large Chinatown in search of matching Mandarin words that would give them pieces for a lion dance costume.

They eventually changed their strategy and chose another detour.

"I think (Monday) kind of showed that we're an excellent team, and when the chips get down we kind of stayed together," Schram told Metro on Tuesday. "The great thing about us is we both get down together. A lot of teams, one picks the other person up — not us. We like to wallow together."

Black joked they now know enough about Vancouver's Chinatown to be tour guides for others.

After the first two legs, Londoners Jet Black, left, and Dave Schram are still in the running to win The Amazing Race Canada. CONTRIBUTED/CTV

"We've been up and down every street countless times," he said. "We know where every market is, every bookstore, every trading post. It was a fun nightmare."

The couple known as "the Doctors" won the second leg of the competition, thanks in part because they played a fast one on Black and Schram. It was a slick move that won't be soon forgotten.

"We were kind of working with The Doctors . . . and then as soon as we tried to get a cab, he would not let their cab driver call us a cab and they just drove off," Schram said.

SCOTT TAYLOR/METRO

Sherwood Forest. City aims to help London Muslim Mosque buy public school

The city is looking for ways to help the London Muslim Mosque buy the closed Sherwood Forest Public School.

In a lengthy discussion at Tuesday's corporate services committee meeting, councillors heard the school is being offered for sale by the Thames Valley District School Board.

The mosque's leaders want to expand their school services. The committee agreed to ask city staff to look into ways of using community funding to support the purchase.

Sherwood school, which is in the city's west side, closed at the end of the 2012-13 school year. It had been open for 47 years.

MIKE DONACHIE/METRO

Byelection campaign stop? Puh-lease!

Ontario Premier Kathleen Wynne, left, talks with Armo Tool president Ben Whitney during a Tuesday visit to the London factory. Wynne touted the Southwestern Ontario Economic Development Fund during the trip. Armo Tool, Wynne said, has seen 14 jobs created thanks to $330,000 in government funding through the development fund. While Wynne stressed the visit wasn't a campaign stop tied to the upcoming London West byelection, she did plan to meet with Liberal candidate Ken Coran later in the day.

SCOTT TAYLOR/METRO

Mayor 'disappointed' with May's Twitter fail

Sarnia. Green Party leader jumped the gun with tweet about train jumping track

Sarnia Mayor Mike Bradley has a theory about tweets sent by politicians.

Most of them, Bradley says, are "dull as hell."

"If they're not, then you have to be proactive, and you're destined to get into trouble," he said.

Turns out, Bradley may be pretty well on point.

The Southwestern Ontario mayor went politely toe-to-toe with Green Party leader Elizabeth May over the weekend after she took to Twitter hinting of a cover up.

"Why is no one reporting the train derailment in Sarnia yesterday? My sources say 20 cars jumped the track," read the Saturday tweet to May's nearly 70,000 followers.

May's "sources", Bradley says, were none other than his. The same person — described as an aboriginal activist — who contacted May, called Bradley late Friday reporting a derailment, the mayor said.

Bradley, who said he has a "history" with the source, looked into the report, going so far as to call police and personally visit the CN rail yard on Friday night.

There wasn't an emergency, Bradley said. The wheels of an empty tanker car had simply come off the tracks — it didn't tip, it certainly wasn't a derailment and CN handled the situation per protocol, Bradley said.

The mayor sent May an email early Sunday, expressing his "disappointment" that she was using social media to spread a rumour.

Bradley said he chatted with May on the phone late Monday, after the story hit the media. At that point, May advised she'd be sending a second tweet.

"Follow up on Sarnia. It appears it was a minor incident. Local officials investigated," that message read.

It was retweeted 13 times, compared to the 118 retweets her first message garnered.

Stephane Vigneault, communications co-ordinator for the Green Party of Canada, said while tweets sent from the party's official account are always fact-checked those sent from individual MPs — or, in this case, the party leader — don't get the same scrutiny.

ANGELA MULLINS/METRO

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On the right track

Roberta Cowell

Race car driver, former Second World War pilot and father of two, Roberta Cowell, now 95, was born Robert Marshall Cowell.

Growing up with signs of hermaphrodism, Cowell had feminine qualities such as wide hips, narrow shoulders and undeveloped but apparent breasts. "I had always known that my body had certain feminine characteristics," she wrote in an autobiography titled Roberta Cowell's Story (British Book Centre, Inc.) published in 1954.

Cowell gained notoriety as the first known British transsexual woman to have sex reassignment surgery. Cowell was Robert until the age of 33, and then the transformation began.

We may think that present-day society is more accepting of all sexual identities. This hasn't always been so: "People are apt to hate as well as fear the unfamiliar," Cowell writes.

PHOTO: HANDOUT

Game changer

Justin Fashanu

The world's first professional soccer player to publicly come out as gay, Justin Fashanu's story turned tragic in 1998 when he committed suicide.

"You have to understand that footballers are very narrow-minded people," the former Norwich City forward said in one interview. "It's the nature of the business. When you put yourself in the firing line, you are open to attack. I know I'm there to be shot down in flames."

At the time of his death in May 1998, he was charged with sexual assault and the accuser was a 17-year-old boy from Maryland, U.S. In a suicide note, Fashanu said the sexual relations were consensual, and believed he wouldn't get a fair trial because of his homosexuality. Fashanu was found hanged in a garage in London, England. He was 37 years old.

PHOTO: ALLSPORT UK /ALLSPORT

Tackling the tough issues

Kwame Harris

Jamaican-born former NFL player Kwame Harris, 31, was publicly outed in January following a highly publicized fight and legal battle with his ex-boyfriend Dimitri Geier. The former offensive lineman played for the San Francisco 49ers and the Oakland Raiders for six seasons. Harris described his conflict over whether or not to come out while he was in the league as "turmoil" and "despair" and regretted his decision to keep his sexuality private during his time in the NFL. "I didn't see those two things as being compatible, but now when I look back in hindsight, I could have done it differently," Harris said in a CNN interview.

After officially going public with his sexual orientation, Harris received an outpouring of support from family members and former teammates. Had he done so while on the professional league, he would have been the first and only NFL player to come out as gay.

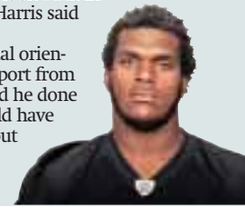
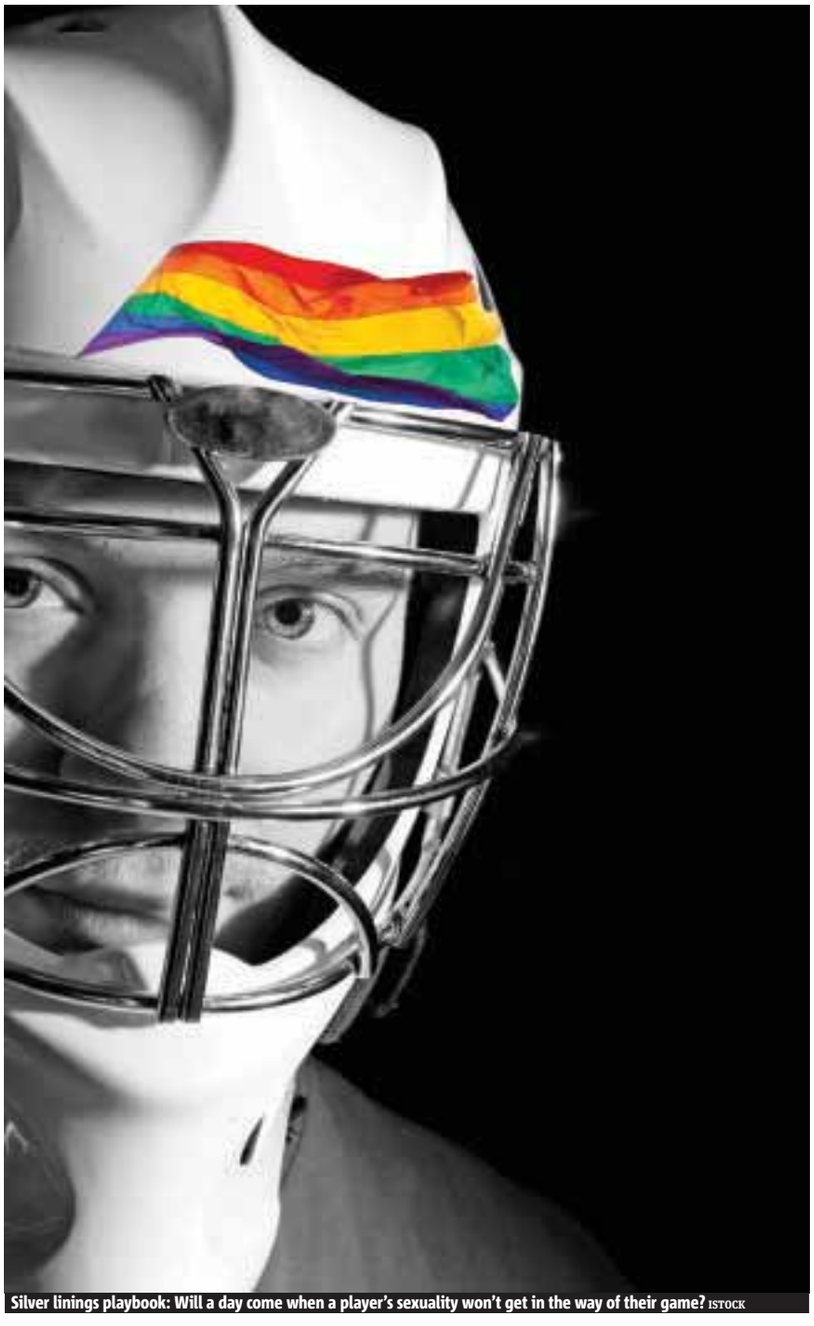


PHOTO: GETTY IMAGES



Silver linings playbook: Will a day come when a player's sexuality won't get in the way of their game? ISTOCK

When basketball player Jason Collins came out early this year, he renewed the debate about whether openly gay players are welcome in the arena of professional sports. While others came before him — like David Kopay, Martina Navratilova, Ian Roberts, Mark Tewksbury, Gareth Thomas and Robbie Rogers — will locker rooms be the last closet?

A level playing field?

Team Tolerance. Metro brought together a diverse group of athletes for a round table discussion on sports and sexuality

JENNIFER MELO
Metro Canada

More than 45 years after Pierre Elliott Trudeau declared the state had no business in the bedrooms of the nation, 21 years after Canada allowed gays and lesbians to serve openly in our military, and more than a decade since same-sex marriage has been legal across the country, Canadians may think we'd finally be able to stamp "paid" to the gay/lesbian/queer rights debate.

Sadly, we have yet to smash a significant barrier — the right for Canada's LGBT community to play community-league sports without the fear of literal and metaphorical locker room lockouts.

Dave Doucette, 41, played hockey until he was 16. He vividly remembers hearing gay slurs, disparaging remarks about women and talk that made him feel like an outcast. "'F—ing faggots' and similar comments came out in the dressing room and you're like, 'Oh God. I think I'm one of those.'"

Add the usual team pack mentality, where aggression and adrenaline are considered performance enhancing "drugs" and it's easy to see how homophobia can run rampant.

Eric Demarbre, 34, admits he was one of the bullies, picking on others when he played high school hockey. Even though he knew he was gay, he "didn't show it," alluding to stereotypical gay male behaviours. While Demarbre victimized others, he too suffered. "I never felt any feeling worse in my life than that. Like go-home-and-cry bad," he explained. "You're pretending to be one of them, and you're debasing yourself in that process just so you can fit in."

The women in our group tell me the experience is different in women's sports. Their sexuality didn't keep them from playing the sports they love.

But they didn't get off scot-free either. "My team and I went to Montreal for a tournament and we stayed overnight," remembers Ana Oliveira, a 34-year-old soccer player from Brampton, Ont. "A couple of the girls said they didn't want to stay with me in the room because they didn't want me to touch them inappropriately. I said, 'Don't flatter yourself. You're not my type.'"

Oliveira, who was supported by friends, family, coaches and teachers since she came out as a lesbian at the age of 17, said the experience was unexpected. "I was surprised at the comment, but I didn't let it get to me," she said. "They're ignorant and it was my job to just stop it there." On the field, the incident was forgotten. "We played. We were focused. We just wanted to play," Oliveira said.

Receiving an unwanted sexual advance in the locker room is perhaps the greatest unspoken fear in mixed (gay and heterosexual) teams. "I'm pretty sure it's the only thing that anyone's really worried about," Demarbre said.

But straight guys should stop worrying, says Doucette. "I play on an all-gay hockey team," he says. "We're in the showers with a bunch of gay guys and nothing's happening so…"

Only one of our group came out while playing on a mixed (queer and straight) sports team. What would it have taken for the others to do so? "A miracle!" says Doucette. "Because of everything that's being said in that room, there was no way I was going to ostracize myself."

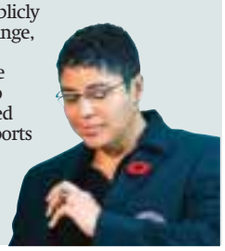
Change is happening, though. There is support for the

Putting bigotry on ice

Angela James

Toronto-born Angela James, 48, is one of the first two women inducted into the international Hockey Hall of Fame, a seven-time gold medal winner, a top performer for Team Canada and "the Wayne Gretzky of women's hockey." She's also a lesbian, a wife and a mother.

James was inducted into Canada's Sports Hall of Fame in 2009, an occasion where she publicly acknowledged the roles of her partner, Ange, in her life and their three children. In an interview with Xtra!, James explained the significance of the event. "Until then, no openly gay athlete had ever been inducted into one of the major North American sports halls of fame. In fact, no current or former NHL player has ever come out." Today, James and her partner have three children. PHOTO: GETTY IMAGES



Kickstarting some compassion

Alan Gendreau

Alan Gendreau, 23, became the first publicly gay athlete to enter the NFL draft in 2012. Out since he was 16, Gendreau had supportive teammates both during his high school football years in Apopka, Fla., and in his college football years at Middle Tennessee State. But not everyone was accepting of his sexual orientation. Gendreau was asked to leave when he brought a boyfriend to a church event. "It was like my family telling me I wasn't allowed to come home," the devout Christian said in an interview with Outsports, a website that provides resources and a community for gay athletes. "I'm a kicker that happens to be gay," Gendreau said in an interview with the New York Times. PHOTO: GOBLUERAIDERS.COM

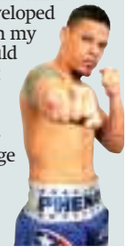
Fight for your right

Orlando Cruz

Ranked No. 4 featherweight by the World Boxing Organization, Orlando Cruz, 31, became the first active professional boxer to publicly come out on Oct. 4, 2012, declaring in a statement, "I have always been and always will be a proud gay man."

In an interview with The Associated Press, the former Olympic athlete for team Puerto Rico said, "I developed physically and mentally to take such a big step in my life and in my profession … knowing that it would have pros and cons, highs and lows, in this sport that is so macho. I kept this hidden for many, many years."

Supported by family, his trainer and his manager, Cruz is a role model for kids and his message is one of empowerment: Who you are and who you love should not impede your life's achievements. PHOTO: GETTY IMAGES



Who's it gonna be?

"I actually think it's going to be a grassroots kid who changes the professional sports world. It's gonna be some kid who's just amazing at his sport and it'll be like, 'Oh, he's gay.' And then nobody's gonna be able to say anything about it."

Eric Demarbre
On whether or not professional athletes will change the future for players on grassroots levels.

LGBT community with organizations like Outsport Toronto and programs like the You Can Play Project, encouraging LGBT athletes to keep competing. And if teachers, coaches, family and friends of the LGBT community work together, maybe there will come a time when an NBA player's public declaration of homosexuality won't be a big deal.

But according to this group, that time is not now.

"I'd like to believe that no one's going to care if every gay athlete came out, but that's not necessarily the case," says J.D. Muir, 29, who's played on men's hockey, rugby and football teams. Muir talks about how we define sports as a culture. "They're aggressive. They're war games," he explains. And the language used in sports, he says, includes homophobic slurs and pressure to be strong, powerful and non-submissive.

Strong role models can help. "You hear about kids being bullied and beat up and ostracized, so to have someone to look up to is really important," says Lela Kouyoumdjian, 38, who plays for the Toronto Soccer Association and Pink Turf soccer league.

Today, Jason Collins is the only major league athlete to come out while still in the game. "I think there's a lot of paving still to be done," Kouyoumdjian says. "When someone like Collins comes out, it's very courageous; it's very brave. And we need more people to do that."

We can all make a difference, however, and we can start by choosing our words with care. "It's words like lame and retarded and gay," says Doucette. We can work on "eradicating these words that people fluff off and don't consider as damaging — except by the people they're being thrown at."

'I never in my life felt bad for being gay'

JENNIFER MELO
Metro Canada

The 28-year-old retired from Canada's national women's hockey team a month ago, after undergoing years of hip and hernia surgeries from sport-related injuries. Today, Sarah Vaillancourt, from Sherbrooke, Que., continues to follow her heart, coaching teen athletes, pursuing a master's degree with a goal to becoming an ESL teacher and building a house with her girlfriend. In this exclusive interview, Vaillancourt shares her thoughts on living proud.

Sarah Vaillancourt, Tessa Bonhomme and Rebecca Johnston.
BRUCE BENNETT/GETTY IMAGES

What do you think of NBA player Jason Collins' decision to come out publicly?
It's really brave and if more athletes had the courage to do it, it would become something so normal that we wouldn't even have to say it out loud.

Why do you think so few pro athletes come out?
A lot of athletes are afraid to be seen differently. And they want to be known more for their athletic performances than their sexual orientation.

Do you think sponsorship and endorsement opportunities would increase or decrease after coming out?
Unfortunately, I think they'd decrease. But I strongly hope and wish that at some point, it doesn't matter … you get sponsorships for the person and the athlete that you are, regardless of your sexual orientation.

What was behind your decision to come out publicly?
To help people suffer less and give them strength.

When I was at Harvard University someone committed suicide, another person tried to, and I later heard that they were homosexuals. Something like that rings a bell in your head. If I can help people come out and be who they want to be — and be who they are — if I can save one or two lives, that goes a long way.

Have you ever experienced homophobia?
No, never. I've been really lucky. I don't think I allow people to be homophobes around me either, so…

How do you do that?
Stand up for yourself. Be proud of who you are. And know that you're not alone.

Did you have any lesbian role models in sports?
Not in sports, but in my family. Two uncles and one aunt are gay. Even in that generation, they always brought their significant others with them to Christmas parties. Ever since I was born they had the same partners and still do today … my aunt is almost 70. They're not athletes, but they're amazing role models for me and for my family. My grandpa and grandma were really ahead of their time. I give them a lot of credit. It had a really positive impact on me too. I never in my life felt bad for being gay.

Sending out a message

As we celebrate Pride Week 2013, what's one message you'd like to share with the LGBT community?

- "Be proud of who you are as a person — your values, your sexual orientation, your beliefs, everything — just be proud of who you are and follow your heart."

Best served with Pride

It's Pride week in London, and that means many things for many people. But to many it means one important thing — it's party time. Metro London decided to pay homage to the parties by asking three local bars with a reputation for great cocktails and great times to suggest a special drink just for Pride, and representing what Pride means to them. The results were impressive, creative and delicious.

MIKE DONACHIE
mike.donachie@metronews.ca

Bartender Lucas Angelo mixes the Mongolian Grill's Pride Panther. MIKE DONACHIE/METRO

Mongolian Grill

Just for the special occasion, the Mongolian Grill (645 Richmond St.), is offering the Pride Panther.

"It's a fun, outgoing type of drink, and very colourful," said bartender Lucas Angelo. "It's a good summer drink so it's perfect for this week."

He said the bar, which includes the Martini Bar upstairs, is offering the Pride Panther at $5.50 plus tax all week, which is their special price on Martini Mondays.

The Pride Panther

1

- 1 ounce vodka
- Half ounce raspberry Sourpuss
- Half ounce Soho lychee liqueur
- Fill with lemonade
- Dash of grenadine
- Shake together and pour into a glass rimmed with sugar

Club Lavish

At Club Lavish (238 Dundas St.), owner Eddy Phimphrachah called up the Lavish Katwalk especially for Pride.

The modified martini has a special significance for the club.

"I think it represents Pride because we used to have a catwalk right here in Lavish, and people used to stride down it and show their true colours on it," Phimphrachah said.

He said it's a great drink for summer evenings, maybe before a night out or, of course, during one.

"You can also hold it in your hand while walking down a runway looking fabulous," Phimphrachah added.

Eddy Phimphrachah, owner of Club Lavish, pours his special Pride-inspired cocktail. MIKE DONACHIE/METRO

The Lavish Katwalk

2

- 1 ounce vodka
- Half ounce raspberry Sourpuss
- Half ounce Blue Curacao
- Fresh squeeze of lemon juice
- Cranberry juice
- Shake over ice, strain, and garnish with orange

Laura Nelligan of Wink's Eatery with her layered cocktail. MIKE DONACHIE/METRO

Wink's Eatery

By far the most elaborate creation was the Rocket Queen, invented just for Metro by the staff at Wink's Eatery (551 Richmond St.) and inspired by a Guns N' Roses song of the same name.

The layered frozen drink was created by bar staffers Laura Nelligan and Nathan Brown, and will sell for about $7.

But it will be tough to make at home, Nelligan warned.

"The layers have to be blended to the same consistency, or it doesn't mix so well. It's like a thicker slushie," she said. "You can use a spoon as you pour it to help to separate the layers."

As for the Pride element, the bartenders wanted to make a colourful, tasty, light and summery drink.

Rocket Queen

3

Blend the three layers separately and pour in layers:

- Blue Curacao in pina colada mix for the bottom layer
- Malibu rum in pina colada mix for the middle layer
- Strawberry daquiri mix with Appletons white rum blended for the top layer.

Milk and more. London Pride hits the big screen

As Pride London hits the midway point, some people may be looking for a low-maintenance, relaxing way to mark the festivities. Pride Night at the Movies may be just the way to kick back and, well, celebrate.

It's happening Thursday as Rainbow Cinemas brings two award-winning films dealing with LGBT issues back to the big screen.

The Kids Are All Right plays at 7 p.m. Starring Julianne Moore and Annette Bening, the movie follows a lesbian couple who deals with the fallout after their children, conceived through artificial insemination, track down their mothers' sperm donor.

Those interested in learning more about the history of the LGBT movement might want to check out Milk at 9 p.m.

With Sean Penn playing Harvey Milk, the movie chronicles his journey to become the first openly gay person elected into California public office.

Tickets are $9 with half the proceeds going to the Pride London Festival.

KEVIN HURREN/FOR METRO

Karaoke night. An open invitation to belt it out

From Britney to Boy George, Club Lavish has got Londoners covered for their karaoke needs with Pride Karaoke Night. Taking over at 10:30 p.m. Thursday, Lavish will convert its dance floor into a karaoke lounge for anyone who wants to hit the stage and belt out a tune or two in celebration of Pride London.

Hosted by DJ Amy, Lavish will be handing out prizes to those who release their inner diva and show true star power.

KEVIN HURREN/FOR METRO

metro GUIDE TO Pride

Spotlight. New awards for those making a difference

To thank people outside the LGBT community for the work they do, two new Pride Awards will be handed out at Saturday's annual award ceremony.

"We thought it was important to start recognizing people who have made positive differences here in London with regards to the LGBT community," said Martin Withenshaw, past president of the Pride London committee.

The Pride Business or Organization Contribution Award was created to acknowledge the Regional HIV/AIDS Connection. The Connection is dedicated to enhancing the quality of life for those living with or affected by HIV/AIDS.

The Pride Individual Contribution Award will be given to Marcel Marcillin. As the London Police Services' diversity officer, Marcillin ensures that people of all races, religions and sexual orientations are being accepted and included.

"He lives every day dealing with diversity, and we appreciate how he stands up for everyone's rights," Withenshaw said. KEVIN HURREN/FOR METRO

Let it be free. Survivors of Lac-Mégantic disaster invited to see Sir Paul

Hearing music icon Paul McCartney play Tuesday night on Quebec City's historic Plains of Abraham is a little more special for Caroline Tremblay than the average rock fan.

Her husband was a big admirer of the former Beatle.

Tremblay's husband, Guy Bolduc, was among the dozens killed when fireballs from an exploding train devastated Lac-Mégantic's downtown and engulfed the bar where he was performing.

"He adored Mr. McCartney," Tremblay wrote in a moving letter to promoter 3 E Event, Experience, Emotion, which offered free tickets to the musician's show for Lac-Mégantic survivors.

"You have allowed my children and me to discover the musical universe of this great artist and (a chance to) bathe in music at a party surrounded by our friends."

Paul McCartney performs in Halifax in 2009. THE CANADIAN PRESS FILE

The free ticket idea was floated to McCartney's team by the promoter at the beginning of last week. The former Beatle's entourage quickly agreed. **THE CANADIAN PRESS**

Trains with dangerous goods. Transport Canada toughens safety rules

Canadian transportation authorities banned one-man crews for trains with dangerous goods Tuesday, responding to calls for tougher regulations after an oil train derailment in Quebec killed 47 people.

Transport Canada also said trains with dangerous goods will not be allowed to be left unattended on a main track. Hand brakes must be applied to trains left one hour or more.

The tragedy occurred when a runaway train carrying 72 carloads of crude oil derailed, hurtled down an incline and slammed into downtown Lac-Mégantic. Several cars exploded and 40 buildings were levelled.

Transport Canada also is giving rail operators five days to ensure nobody without authorization can enter the cab of unattended locomotives on a main track or sidings. **THE ASSOCIATED PRESS**

Tying up loose ends

"The disaster brought to light several industry practices which have caused some concern."

Gerard McDonald, assistant deputy minister of safety and security at Transport Canada

Premiers' summit

More female leaders, but gov't still far from equal

When Canada's premiers sit down Thursday for their semi-annual summit, they'll be making history by changing the face of provincial and territorial leadership.

For the first time, there will be six women at the meeting in Niagara-on-the-Lake, Ont., representing about 85 per cent of the country's population. And at the head of the table will be Kathleen Wynne, who was sworn in as Ontario's first woman premier just six months ago.

"I was just talking to a grandmother who was saying her granddaughter wants to be the prime minister," Wynne said in an interview.

"The fact is that it's very important that people see themselves represented."

But the appearance of gender equality can be deceiving, experts say. Even though six provinces and territories are led by women, female representation hasn't improved in the legislatures, said Christine de Clercy of the University of Western Ontario. **THE CANADIAN PRESS**

Safe in the arms of the Duchess of Cambridge, the new royal baby, born Monday, is introduced to the public at St. Mary's Hospital on Tuesday. THE ASSOCIATED PRESS

Naming the U.K.'s next generation

The first chapter. British bookmakers have taken thousands of bets on the monikers George and James

Branding for babies

"The public's image of this child could quite possibly be influenced by the baby's name."

Albert Mehrabian, a professor emeritus of psychology at UCLA and an expert on baby names

The Victorians. The Edwardians. The Elizabethans.

Royal names can define a generation. So imagine the pressure on the new parents to pick the right one.

Now that Prince William and his wife Kate have a baby boy — the third in line for the throne — they must choose the name for a royal who may take Britain into the 22nd century. They'll start by considering British monarchs from the past.

Elizabeth I offered her name to the golden era in which Britannia ruled the waves and the Elizabethans consolidated a renaissance of national prosperity. Victoria's reign was defined by rapid industrialization with straight-backed Victorian morality. Her son, Edward VII, lent his name to the champagne and cigar period before World War I in which the rigid class system came under attack.

"Names do define an era," said Robert Lacey, a royal historian, who has written books on Prince William's mother and grandmother. "Who knows as we look into the future what will happen."

With so many people to please — inside and outside the palace walls — the House of Windsor is likely to pick more than one name for the boy who was born in London on Monday. After all, his father Prince William, a.k.a. William Arthur Philip Louis, has four. There may be a nod to great grandfather Prince Philip, or grandfathers Prince Charles and Michael Middleton, Kate's father. Or King Arthur. Or a host of other dead kings.

But the first name, that has to hit the right note. It is likely to hang around a bit. **THE ASSOCIATED PRESS**

Baby could signify an open age of Royals

A boy waits outside the hospital where the prince was born. THE ASSOCIATED PRESS

This child, whatever his name, is likely to mark a watershed in the relationship between the royals and their subjects.

Prince William chose to eschew a royal match and married a commoner from the village of Bucklebury — continuing the process of making monarchy more accessible — an idea championed by his mother, Princess Diana.

The heir may give a name to a new century, to a country that has changed so much socially and philosophically that the daughter of a flight attendant and an air traffic controller is now in line to be queen.

"This is the historical element of this," royal historian Robert Lacey said. "Let us see how that is reflected in the names." **THE ASSOCIATED PRESS**

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I'll take those in yellow, pink, and black, please. Economists say a stunning jump in Canadian retail sales in May points to stronger economic growth. KEITH BEATY/TORSTAR NEWS SERVICE FILE

Shopaholics' spending shocks economists

In the mood to splurge. Canadians indulged in some retail therapy, surprising experts and boosting expectations for economic growth

Canadian consumers went on a shopping spree in May, triggering a stunning jump in retail sales that will almost certainly help boost second-quarter economic growth beyond expectations.

The raw numbers surprised economists, who had expected a modest 0.4 per cent bump. Instead, Statistics Canada said the retail sector in May boosted sales five times that, by 1.9 per cent, to $40.4 billion.

Particularly meaningful for gross domestic product growth, sales in volume terms also expanded by 1.9 per cent, meaning the increase was not related to currency fluctuations.

"It's hard to say what happened. Everything went right, it seems," said Jimmy Jean, an economist with Desjardins Capital Markets.

"We're probably seeing a little bit of catch-up because since 2011 sales have been almost flat. THE CANADIAN PRESS

'Wake-up call'. Canadian company facing lawsuits for overseas incidents

Three lawsuits against a Canadian mining company over alleged shootings and gang rapes at a Guatemalan project will be allowed to proceed in Canada following a ruling that makes it possible for firms to face liability at home for incidents that occur overseas.

Lawyers for the plaintiffs, 13 Mayan Guatemalans, said the decision is a "wake-up call" for Canadian companies about their responsibilities at foreign mining projects.

"This step in the case uses existing legal rules that have not been applied in this way before," lawyer Murray Klippenstein said in an interview. "Companies operating abroad, need to take a very, very, serious look at the possibility ... that shenanigans abroad that they thought would never result in liability may result in accountability in Canadian courts." THE CANADIAN PRESS

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Ongoing tiff

Finance minister enters credit-card fees dispute

The federal finance minister is stepping into a fee dispute between Canada's merchants and the big credit-card companies after the Competition Tribunal sided with Visa and MasterCard in a landmark ruling.

Jim Flaherty said Tuesday that, in light of the ruling, he will convene a special meeting of the government's FinPay Committee.

THE CANADIAN PRESS

Market Minute

DOLLAR 97.23¢ US (+0.56¢)

TSX 12,745.38 (-13)

OIL $107.23 US (+0.29¢)

GOLD $1,334.70 US (-$1.30)

Natural gas: $3.74 US (+ 0.7¢)
Dow Jones: 15,567.74 (+22.19)

SHAMING THE COUCH CRITICS

JUST SAYIN'

Mike Benhaim
Guest columnist

The way I see it, our culture is separated into two groups: Those who do, and those who watch. While most of us would rather be 'doing' even half of the things we're 'watching,' it's much safer to sit on high horses atop ivory towers in glass houses throwing stones and pointing fingers and such. It's like playing a game of truth or dare, only when it's our turn, we pass. How wonderful it is to keep our secrets hidden while watching others exposed, sitting in judgement, silently thanking the heavens that no one video-taped that drunken night in Thailand with the woman you can't be sure really was.

Hence our fascination with reality TV. We've gone from being spectators to a society of shameless voyeurs.

And though I try to be, I am no better. There was never enough alcohol to make me watch Jersey Shore, and every brief foray into an episode of Keeping Up With The Kardashians ended with me rocking back and forth in the fetal position praying for Armageddon. But I have watched my share of these shows, and the stench of that shame still lingers.

Even worse is the news. Reality stars sign releases, but when the media gets hold of a real scandal, look out! When it was discovered that Tiger Woods was having extra-marital affairs, even the male newscasters sanctimoniously shook their heads in disappointment. Really? Where's Heidi Fleiss when you need her?

Now I don't condone cheating, but most men are barely shocked when a friend bangs the cafeteria lady at the YMCA, let alone a celebrity athlete shagging an exotic swimsuit model. Ladies, there are many respectable men out there, but at least a portion of every day is occupied by fantasies best unshared. Yet when someone acts on them and gets busted on Cheaters, you can turn to your wife and say, "That's shameful."

And how many of us can sing as well as contestants on The Voice or American Idol? It doesn't stop us from critiquing their choice of arrangement or pitch. The couch is the new judges' bench.

Until recently, viewership has always been about the vicarious thrill of those we could only dream of emulating athletes, superheroes, models or rock stars. Now we spend our time peering into the dysfunction of people whose lives make us feel better about our own. That is, until we discover we've made them rich. Yeah, it's one thing watching strangers pinpoint their child's paternity on Maury Povich, but it's quite another when Honey Boo-Boo moves into the house next door. That's when we collectively unleash that torrent of negative energy that ultimately begs for their failure.

Again, I stand among you, guilty of the very transgressions I denounce. I simply wonder if our collective karma is not better served 'watching' what inspires our highest 'doing,' and affecting change from there. Just sayin'.

Paul Sullivan will return July 31.

ZOOM

It's a ribbiting piece of art

JOHANNES STÖTTER/BNPS/REX FEATURES

Baring it all for a photo shoot

It looks like a colourful tropical tree frog but on closer inspection you can see five human models adorned with body paint posing in dramatic forms so as to appear like a wondrous amphibian. Italian-born artist Johannes Stötter spends up to five months painstakingly planning and perfecting each work.

METRO

Adapting to canvas

Stötter, whose creations won him the World Bodypainting Festival title, said the key to success is to know when to pause and reflect on what to paint.

"If I paint on the model non-stop, I can't tell if the work is good or not. I have to pause and think. This is where the surprising elements of a warm and alive skin-canvas emerge and I see how to adapt the artwork." METRO

Artist's viewpoint

"The biggest challenge is to create the artwork in a beautiful but fast manner. I use people and not a canvas, so I can't spend days on end painting."

Johannes Stötter
Bodypainting artist from South Tyrol, in Italy

Painstaking painting

8

hours is how long Stötter takes to complete each work of art using special breathable paint.
Stötter added: "While a canvas painting lasts forever, a bodypainting exists only for a few hours. That makes the work even more special and visually powerful."

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

As cycling season is in full swing, so too is bike-theft season. In an effort to ensure that 'nooooooo' moment, when you realize your bike is gone, never happens, we've looked into digital tools to stash in your pannier to keep your ride safe.

MARCO GOMEO

Spike Bike

Kind of like Find my iPhone, but for your bike. A small GPS device attaches to your bike (under the seat, behind a water bottle cage or somewhere else discreet) and lets you track your bike through your phone. You can also track your own rides, which you can brag about later to your friends using Spike Bike.

Bikeshepherd.org

Not only can you register your ride on Bike Shepherd, you can also buy tags that can help recover your bike if it does succumb to the lock-cutting hands of bike thieves. While the tags help you find your stolen bike, they also act kind of like a neighbourhood watch sign, or guard dog to dissuade thieves from pulling the fast one in the first place.

Racklove

Based out of San Francisco ("ground zero for bike thieves"), this bike-loving community is a place where people can not only buy and sell bikes, but also lets you set an alert if your bike matches one that appears on an online ad. While it works in the U.S., they're still building the network up here.

Twitter

@metropicks asked: Should cyclists be ticketed for riding on the sidewalk, or is the road too dangerous?

@fajnamarta90: Car hitting a person is much more deadly than a cyclist hitting a person on the sidewalk. For this reason- No ticket.

@BikeBikeYYC: Sidewalk cycling is an indicator that more (any?!) bike infrastructure needs to be built.

@ruebyretro: Yes, with a focus on those who do so with complete disregard for pedestrians including bells & speed.

@BikeBikeYYC: IMO these "sidewalk bikelanes" add to the confusion about where to ride and also create danger for ppl

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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Analysis

Hugh Jackman returns once again as Wolverine. HANDOUT

What's old is new with Wolverine

IN FOCUS
Richard Crouse
scene@metronews.ca

Other than Captain Canuck, Wolverine is the best known superhero to hail from the Great White North.

According to his comic book backstory he was born in 19th century Canada — Northern Alberta to be exact — and served in the First Canadian Parachute Battalion before being recruited by Team X, a CIA black-ops group. When movie fans first encountered the character, however, little was known about him.

At the beginning of the original X-Men movie he was suffering from memory loss and couldn't remember how he became a superhero with retractable bone claws, made of the near indestructible metal alloy adamantium bonded to his skeleton and a healing ability that allows him to quickly recover from virtually any wound, disease or toxin.

This weekend The Wolverine continues the story, although star Hugh Jackman is quick to point out that it is not a sequel.

"With an all-new cast and setting it in Japan, it's going to give us a whole new visual esthetic," he told Total Film.

With this film, Jackman emerges as the first actor to play a comic book hero in more than four consecutive films since Christopher Reeve as Superman.

The To Do List flips the script on the story of young people trying to lose their virginity. HANDOUT

Learning to do what you need to do to get done

Interview. Aubrey Plaza talks about how her new film, The To Do List, is putting a fresh take on an old theme — people losing their virginity

NED EHRBAR
Metro World News in Hollywood

For Aubrey Plaza, discussing her new film, The To Do List, offers far too many opportunities for oversharing. The '90s-set film follows Brandy (Plaza), a type-A brainiac determined to start college sexually experienced by way of a detailed — if unromantic — list of activities to check off. And Plaza is having trouble keeping her own list to herself.

Considering the sexual frankness of the film, how awkward have the interviews gotten?
People keep trying to trick me into telling them about my first sexual experiences, and then I almost am like, "Well, when I was … wait a minute! I don't need to tell you that. That's for my own brain to remember." For some reason this movie kind of makes you think that it makes sense to ask about (this). But no, nothing's been awkward, except for me because I'm always awkward in interviews.

Do you find it weird or insulting that Hollywood always acts so surprised when a female-focused comedy does well?
Yeah, I feel that. I don't know why. There's just as many women as there are guys, so you would think that it wouldn't be shocking that there's a female audience and that there's people out there interested in seeing female-centric movies.

Do you think The To Do List would work in a contemporary setting?
I think there could be a story about a girl going through her firsts, because I think that's just a universal thing that happens, but I don't think this story could be told in 2013 for many different reasons. This movie was set in a time when people didn't Google everything and people weren't figuring things out online, which I think is the case nowadays. Who knows what teenagers are doing these days. I don't know. I mean, I'm 29 and I feel totally out of touch. Things have changed at such a rapid pace that who knows how people are learning anything or where they're getting their information.

It's great to see a movie taking the awkward teenage sexual experience, which is usually told as a guy's story, and showing the girls' side.
Being frank about sexual things? I know. That's one of the reasons that I wanted to do the movie, because I'd never really read anything that truthfully explored that time in a girl's life, just a really frank portrayal of a girl figuring out how to do really simple things — well, I don't know if they're simple. Just really basic sexual acts. I don't know, everything I say sounds wrong (laughs). Just make me sound better and smarter.

Figuring it all out

"That's one of the reasons that I wanted to do the movie, because I'd never really read anything that truthfully explored that time in a girl's life, just a really frank portrayal of a girl figuring out how to do really simple things."

Aubrey Plaza
Talking about her new movie The To Do List

Lindsay Lohan. ALL PHOTOS GETTY IMAGES

Lohan ready to get on with her life post-rehab

Lindsay Lohan is due to end her latest stint in rehab next Monday, and in preparation she's reportedly looking to do away with as many bad influences as she can, according to Radar Online.

"She has not been this good in a long, long time. She's come 180 degrees from where she was. It's amazing," a source says.

"It's very clear to her now who she needs in her life and who she needs to keep out of her life."

Penelope Cruz

Penelope Cruz's baby tries to upstage the royals

Kate Middleton wasn't the only famous woman having a baby Monday, as Penelope Cruz reportedly welcomed her second child with husband Javiar Bardem, according to Hola.

Cruz reportedly gave birth to a baby girl at Madrid's Ruber Hospital. Cruz and Bardem also have a two-year-old son, Leonardo.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Amanda Bynes having one of those good news weeks

THE WORD
Dorothy Robinson
scene@metronews.ca

I have tried to keep Amanda Bynes out of The Word because she's obviously mentally unstable and her highjinks are more sad and disturbing than amusing. However, this item caught my eye: The former actress is now being hospitalized for setting a fire in the driveway of a stranger's home in Thousand Oaks, Calif.

The cops investigated the former child-star-turned-Gremlin and determined she needed to be hospitalized on a 5150 hold, which is an involuntary hospitalization for mental evaluation that lasts 72 hours.

So this is good news. Maybe she will now get the help she needs because it appears she has other problems.

Bynes has reportedly jeopardized the last important relationship she has left by allegedly stealing from her pot dealer, according to Radar Online.

"Amanda's dealer used her bathroom while he was there and she jacked his weed," a source says of the troubled NYC-based actress.

As a result, the dealer has reportedly dropped Bynes as a client .

"He won't go to her anymore," the source says.

So, maybe this is more good news.

Kanye West

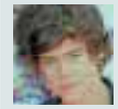
Kanye West receives support after fight with photographer

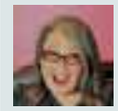
While Kanye West is being investigated by the LAPD in connection to his brawl with a paparazzo outside LAX over the weekend, he at least can count Kirstie Alley as an ardent supporter.

The Dancing with the Stars alum tweeted out her support of Kanye West's actions.

"I love that Kanye went all whack on that a—hat paparazzi," she posted. "I applaud anyone who takes a swing at (them.)"

Twitter


@Harry_Styles
Said I had a dirty mouth..


@TheRealRoseanne
please leave some fruit pie recipes here!

@mindykaling
Another day, another mysterious allergic reaction to something I'm eating/wearing/rubbing on

He will, he will, quit now

After years of planning and development, Sacha Baron Cohen has reportedly scrapped plans to portray Queen front-man Freddie Mercury on the big screen, exiting the film due to creative differences with the surviving members of Queen, according to Deadline. Cohen was reportedly hoping for an edgier portrayal of the late singer for the film, which was first announced in 2010, while the band members are leaning toward a more family-friendly, PG-rated account.

Sacha Baron Cohen

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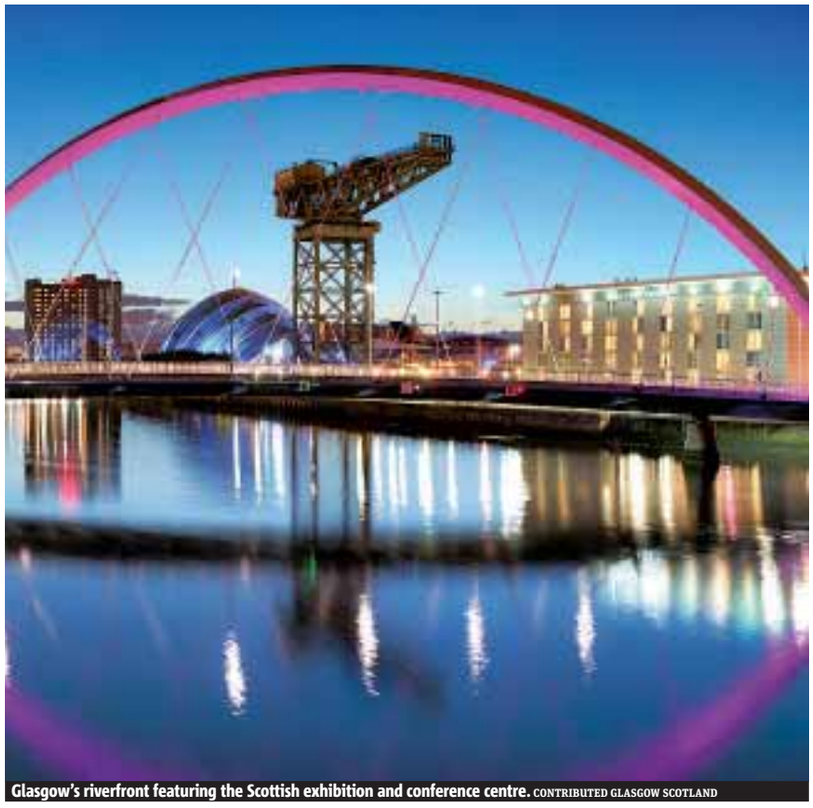
LIFE 3

Countdown to Glasgow 2014

Commonwealth Games. Scotland's largest city gears up to host thousands of elite athletes next summer

KATHY BUCKWORTH
life@metronews.ca


Glasgow's riverfront featuring the Scottish exhibition and conference centre. CONTRIBUTED GLASGOW SCOTLAND

If you go...

- **Visit.** glasgow2014.com for tickets and information. For information on accommodations and on the city of Glasgow and its wide choice of tourist attractions, visit seeglasgow.com.

In one year, on July 23, for the first time, Glasgow, Scotland will welcome more than 6,500 athletes and team officials to the 2014 Commonwealth Games. While rival city Edinburgh has hosted twice, the people of Glasgow are excited to put their own unique stamp on this elite athletic competition, which will run until Aug. 3, 2014.

"From the beginning, the Commonwealth Games has not just been about the sport, but the arts, and the community as well," says Kate McCheyne, Public Relations Manager for the games. While the athletes themselves won't descend upon the city until July 2014, the venues which will be used for the events will all have been completed, or refurbished, a full year before the games, allowing the community to enjoy the facilities before and, most importantly, after the games.

This is a sentiment reinforced by John Egan, of GlasgowLife, who is responsible for the management of the Sir Chris Hoy velodrome, where both the cycling and badminton events will be held. "There's a misconception that the velodrome was built just for these games," he said of the facility, which opened in October, 2012, "But it was built for Glaswegians." Since the doors opened, (as of time of writing) at least 130,000 locals have passed through the doors to take advantage not only of the cycling track, but the state of the art gym (supplied with Technogym equipment, supplier to the Olympics). Sports are an integral part of the city, with an estimated 10,000 jobs in the field.

But it's not just the residents of Glasgow who are embracing the spirit of the games. When the call for volunteers went out, more than 50,000 applied from across the U.K., with only 15,000 to be in the final selection.

Accessibility is also a key theme for the games. One million tickets will be on sale from Aug. 19 to Sept. 16, both online and via paper application, and can be paid for either online, or via cheque or postal order, which is very unusual in today's electronic ticketing world. Tickets will be priced as low as $23.73, and at half price for children, with "babes in arms" (under two years) free of charge.

There is very much a youth focus on the games, with half of the athletes under the age of 25. The games mascot, Clyde, was chosen out of a contest open only to children, and out of 4,000 applicants, won by a 12 year-old girl after rounds of blind judging.

The Glasgow 2014 tartan was designed by Aamir Mehmood, an arts student who beat out thousands of entries from more than 300 schools, and the digital media game has proven a hit with young fans. And for the first time, the volunteer age has been dropped to 16.

The Games has learned many valuable lessons from their Olympic counterparts, and many team members from the Glasgow Commonwealth Games shadowed their counterparts in London to learn. One of the main complaints about the London Olympics (my own personally, being over there at the time) was that tickets were not readily available, many of them having been given to corporate sponsors.

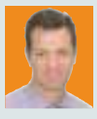
This frustration was compounded by the fact that sponsors did not utilize the tickets, and scalping or reselling of tickets was heavily enforced, leaving many empty seats in venues. In Glasgow, 70 per cent of tickets for each event are guaranteed to go to the public.

Unlike the Olympics and its Torch Run, which includes many torches, the Queen's Baton Relay of the Commonwealth Games is just one baton, which will have a message inserted in it, to the athletes, from the Queen.

The baton is run person to person across all Commonwealth nations, including a jaunt in Canada scheduled for April 26 (cities to be announced).

Summer

Last minute family fun



ON THE MOVE
Loren Christie
life@metronews.ca

Still hoping to squeeze in a vacation with the kids this summer? Consider a quick getaway to some of these classic family fun destinations.

Situated on the Passamaquoddy Bay, St. Andrew's-by-the-Sea, N.B., is an historic town offering numerous ways to fill your days. Consider going on a whale watching tour, getting suited up in a tailor-made bike kilt and touring the area with Kurt Gumushel's Off Kilter Biking Tours or snack on a lobster roll as you watch the world's highest tides from the patio of a waterside cafe. The landmark Algonquin Hotel has just re-opened its main building and grounds including swimming pool, tennis courts and golf course, after a year of massive renovations.

Blue Mountain resort area near Collingwood, Ont., is a bustling and quaint Tyrolean style village full of shops, restaurants and attractions. In addition to more traditional pastimes like golfing and mountain hikes, you can go caving in the Scenic Caves, sign up for a Segway tour, ride the Ridge Runner Mountain coaster or take advantage of the resort's newest offering, The Thunderbird Twin Zip; an 800-metre twin zip line that will take you from the top of the escarpment to the valley below.

Banff is promoting more classic offerings like hiking, biking and rafting this summer. Due to the town's location within Banff National Park, you can connect with spectacular mountain wilderness. Hikes up Tunnel Mountain, in Johnston Canyon and to the Lake Agnes Teahouse in Lake Louise are suitable for many ages and abilities. Scenic roadways and trails for those who prefer to explore on two wheels include The Legacy Trail between Banff and Canmore or simply explore the paths along the Bow River. If you prefer to be on the water, I loved the float trip down the Bow River with Banff Rocky Mountain Raft Tours.

Take in scenery in St. Andrew's-by-the-Sea, N.B. ISTOCK

Veggies take centre stage on the grill

Roasted Garlic

1. Heat grill to medium, with one side prepped for indirect heat.

2. Remove outer layer of papery skin from garlic. Slice off top 1/2 inch from pointed top of garlic head. Set garlic, cut side up, on large square of foil. Drizzle with the olive oil, then wrap foil up and over the garlic to form a loose packet.

3. Set garlic over cooler side of the grill and cook 40 minutes, or until the cloves are golden-brown and soft. Remove from the grill and let cool. To remove the cloves, simply squeeze the entire head (or each clove) and the cloves should pop out of their skins. Set aside until ready to make garlic mayo.

Sandwiches

1. Prepare and heat a gas or charcoal grill for high heat, direct grilling.

2. Place red and yellow bell peppers on grill grate and cook, turning frequently, until skin is charred all over, about 5 minutes per side. Use tongs to remove peppers from grill and place in a large bowl. Cover the bowl tightly with plastic wrap. Set aside for 30 minutes. After 30 minutes, the skins should slip easily off the peppers. Slice them open, remove the seeds, then cut into large strips.

Grilled Veggie Sandwich with Roasted Garlic Mayo

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

3. In bowl, mix vinegar, olive oil, rosemary and a bit each of salt and pepper. Add pepper strips, turning to coat, and set aside to marinate for at least 30 minutes.

4. When ready to grill, return the grill to high heat.

5. Set the mushrooms and zucchini in a large bowl. Pour the marinade off the peppers and onto the zucchini and mushrooms, tossing them lightly to coat well.

6. Grill the mushrooms, gill side up, for 8 to 10 minutes, then flip and grill for another minute, or until completely tender. Grill the zucchini slices for 3 minutes per side.

7. Split rolls in half. Brush the cut sides lightly with oil. Place cut side down on grill for 2 to 3 minutes, or until golden brown.

8. Meanwhile, in a small bowl, mix together the garlic and mayonnaise until smooth. When the rolls are toasted, assemble the sandwiches by spreading both sides with garlic mayonnaise, then layering on the mushrooms, zucchini, peppers, basil leaves and cheese. Season with salt and pepper, if desired. THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.

Ingredients

Roasted garlic
- 1 head garlic
- 2 tsp olive oil

Sandwiches
- 2 each red and yellow bell peppers
- 1/2 cup balsamic vinegar
- 1/4 cup olive oil, plus more for the rolls
- 1 tsp dried rosemary
- Kosher salt and black pepper
- 6 large portobello mushrooms, stems removed
- 1 medium zucchini, cut into 6 long strips
- 6 kaiser or onion rolls
- Head of roasted garlic
- 1/2 cup mayonnaise
- 1 bunch fresh basil, leaves only
- 1/2 lb chunk Parmigiano-Reggiano cheese, thinly sliced with a vegetable peeler

Drink of the Week

Mango Basil Lemonade

This exotic and refreshing recipe is perfect for a summer party on the patio.

- 1.5 oz Hennessy V.S
- 1 oz fresh lemon juice
- .5 oz mango purée
- .5 oz simple syrup
- Soda water to top
- Basil leaf and lemon wheel to garnish

Shake all liquid ingredients except soda water and strain into a Collins glass with fresh ice.

Top with soda water and garnish with a basil leaf and a lemon wheel.

RECIPE AND PHOTO COURTESY OF HENNESSY

Fuss-free crepes — yes, they really do exist

1. In a small skillet over low heat, cook the butter until it starts to turn brown and smell nutty. Transfer the butter to a blender, then add the milk, eggs, cornmeal, flour and salt. Blend just until smooth. Transfer the mixture to a bowl and let rest for 30 minutes.

2. While the batter is resting, in a medium saucepan over low heat, combine the wine, sugar and vanilla bean. Cook, stirring occasionally, until the sugar is dissolved. (If using vanilla extract, add it to the fruit after the fruit has cooked for 20 minutes.) Add the fruit, bring the mixture to a boil, then reduce heat to a simmer, cover and cook for 20 minutes.

3. While the fruit is poaching, make the crepes. Mist a 10-inch non-stick skillet with cooking spray. Heat over medium heat.

4. Stir the crepe batter and quickly pour 1/4 cup of it into the skillet, tilting the batter in the pan to make sure that the bottom is completely covered. Cook the crepe until it is lightly browned on the bottom, about 1 minute. Flip, cook for another 30 seconds, then transfer it to a rack to cool. Repeat with the remaining batter to produce 8 crepes. Once cooled, the crepes can be stacked. Set them aside.

5. After the fruit has poached for 20 minutes, use a slotted spoon to transfer it to a bowl, making sure to leave most of the cooking liquid in the saucepan. Scrape the seeds inside the vanilla bean out with the tip of a paring knife and add them to the fruit.

6. Bring the cooking liquid remaining in the saucepan to a boil and cook it until it is reduced to about 1/2 cup. Transfer the liquid to a small pitcher and return the fruit to the pan. Heat over medium until hot.

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

7. To assemble the crepes: Mound a bit of the fruit filling down the middle of each of the crepes, then roll up. Arrange the filled crepes, seam side down, on dessert plates, then drizzle them with the reduced sauce and top with 2 tablespoons of the yogurt. THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS

Ingredients

- 2 tbsp unsalted butter
- 1 cup 1% milk
- 2 large eggs
- 1/4 cup cornmeal, preferably stone ground
- 1/2 cup whole-wheat flour
- Pinch table salt
- 3/4 cup dry white wine
- 1/3 cup sugar
- 1 vanilla bean, split length wise (or 2 tsp vanilla extract)
- 6 cups, pitted and cubed fresh summer fruit, such as nectarines, plums and peaches
- 3/4 cup non-fat vanilla yogurt

Dinner. Rotini with Pesto

1. Bring pot of water to boil. Use package directions to cook pasta. While pasta is cooking, in a large skillet, sauté tomatoes in 1 tablespoon olive oil.

2. Combine all dry ingredients, including garlic, in blender. Pulse for 10 seconds or until finely chopped.

3. Drizzle in remaining olive oil and a few ice cubes slowly to create the pesto. Place pesto in bowl and add 1/2 cup pasta cooking liquid. Drain pasta and toss with pesto and tomatoes. Top with shredded cheese. Season with salt and pepper. NEWS

Ingredients

- 1 pkg Barilla PLUS rotini
- 4 plum tomatoes, diced
- 2 tbsp, plus extra olive oil
- 1 clove garlic
- 3 sprigs marjoram
- 3 sprigs oregano
- 6 leaves basil
- 1 tbsp parsley
- 3 sprigs thyme
- 1/4 cup walnuts
- Few ice cubes
- 1/4 cup ricotta salata
- Salt and black pepper

CANADA/ BARILLA.CA

Are you post menopausal and looking to lose weight?

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Hello, my name is Future Hire

A meeting of mass construction. How to make the very most of your first conference experience

JESSICA CRUZ
TalentEgg.ca

Aside from that free cup of coffee, you might just pick up a new career plan. ISTOCK

The word conference sounded nerve-wracking, intimidating and "too professional" to me as a fresh university student.

In second year, I received a Facebook event invitation from a student group hosting a conference at our school. My first thoughts were about business suits, business cards and business etiquette — no place for a second year communications and writing student like myself. The conference tagline emphasized entrepreneurship, business and technology. None of my friends wanted to go, so I decided to let the opportunity pass. A few days later, I opened an email in my inbox that mentioned free tickets to the conference. I emailed back, not knowing the new doors that would soon open.

Luckily, I knew a few of the conference committee members, who introduced me to other people. I picked up a name tag, registration bag and schedule. I looked at the schedule. There were different categories in different rooms with different breakout sessions including marketing, entrepreneurship and design. Their sponsors list also showed companies in fields I was interested in. I planned my day based on the speaker profiles and learned many new things during the day.

Networking

The important thing is to ask questions. At first, I talked to everyone and gave them all my business card and added them all on LinkedIn. Over the past couple of years, I have learned to maintain contacts with a small number of people (as they say, "quality over quantity"). It never hurts to start up a conversation with the speakers, employees or other conference delegates. Everybody attended for a reason and you never know who can help you. The key is strategic networking and singling out which companies and resources will be most beneficial.

Company showcases

Company showcases offer students with more opportunities to network. Start-ups, non-profit organizations and large businesses that attend these events are looking to hire students. If not, they wouldn't be there. I learned about new opportunities in marketing and design. I also learned about creative recruitment agencies, something I didn't even know existed before.

Making valuable connections

Keep business cards and contact information on you. If you don't have a business card, make a simple one with your name, program and expected degree. It's an easy way to give your contact information during quick interactions as chances are other people may swarm the person you talked to.

Words of wisdom

What's the point of inspirational talks? That's what I thought at first. I had the power to choose which talks I attended

- The program booklets usually have speaker and topic descriptions. Even if it's something you don't know about, give it a try.
- The quality of experience that these professionals bring to these talks gives valuable knowledge that cannot be found in the classroom.
- I also found it helpful to introduce myself to the speakers and follow up with them.

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Give me a break and I'll mind my own business

You can't have one without the other. Why taking a vacation is just as important as taking that next call

MEGHAN GREAVES
TalentEgg.ca

Did you know that 40 per cent of the Canadian workforce is feeling the effects of vacation deprivation? And that more than 50 per cent of young Canadian workers are feeling it too (the highest rate for all age categories)? This is just some of what this year's Annual Deprivation study found when surveying Canadian workers from coast to coast.

To find out what's behind these numbers and what career-hatchers can do to prevent themselves from feeling the negative effects of vacation deprivation, we talked with Beverly Beuermann-King, a health and wellness professional and work-life balance expert who was a key player in the study.

Why work-life balance is important

"Finding work-life balance is especially difficult for students and new grads as they're used to having irregular schedules," Beuermann-King explains. "What do we see most of when life is out of balance or we've been pushing ourselves for too long? More headaches, indigestion, muscle aches and sleep problems."

Though it's possible to keep this pace up for a bit, eventually things start to catch up. These problems become more chronic and start to take their toll on our systems in the form of diabetes, obesity and depression.

Achieving that balance

One way to achieve a work-life balance, Beuermann-King says, is to talk with your employer about their wellness policies. Ask about their thoughts on vacation time and how they make sure employees don't get burned out. Be aware that talking with your employer about their wellness policies is just one step of the process, though. You still need to be making sure that you're eating properly, getting enough rest and being active to keep your body and mind healthy.

Vacation deprivation and new grads

Vacation deprivation is when you're not using all of your vacation time or when you feel as though you don't have enough time off. According to the study, vacation deprivation rates were highest in young Canadian workers.

Beuermann-King believes the younger generation is feeling it the most because we're new to the workforce and haven't accumulated very much time off yet. We also have a very different view of the workplace than older generations.

Knowing what you need out of a vacation is key to re-energizing. Whether you need relaxation, fun, adventure, entertainment or leisure, plan your vacation to meet your needs. ISTOCK

Sun, sand and sanity

Here are just some of the ways that vacation deprivation can negatively affect a new grad personally and professionally:

- Decrease in creativity and productivity
- Becoming short-tempered
- Finding yourself dozing off in the middle of the afternoon
- Drop in drive, passion, enthusiasm and love of your job

Your thoughts?

@TalentEgg: #QuestionoftheDay: What do you do to get yourself back into work-mode if you hit an energy slump?

- **@MarinighPR:** I take a break, go for a walk, go get something to eat, then come back to it!
- **@kristieleanne_:** a playlist optimized for workflow is always key for me! Cue @Songza or @8tracks
- **@mrooolf:** Water, fruit, and a little pump up music always does the trick!
- **@rosieehales:** Try working on something different for a bit or get some fresh air! If all else fails then I hit the coffee. #QuestionoftheDay
- **@danhybro:** Chatting it up with a co-worker or take a coffee break. #worksliekeacharm
- **@janet_ha:** Create a work routine that gets you back into the groove. Whether it's the same seat, same work playlist or other ritual.

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Mini-series

W Network to profile Virtue and Moir in lead up to 2014 Sochi Games

Local ice dancing heroes Tessa Virtue and Scott Moir are getting their own six-part TV special.

W Network says it is commissioning a short-run series that will follow the Olympic gold medal winners and air right before the Sochi Olympics.

The 30-minute show Tessa & Scott will go into production this summer and is scheduled to debut Jan. 2, 2014.

W Network promises to delve into the pair's day-to-day lives as they seek a second gold medal at the 2014 Winter Games in Russia.

The 24-year-old Virtue and 25-year-old Moir have skated together since 1997.

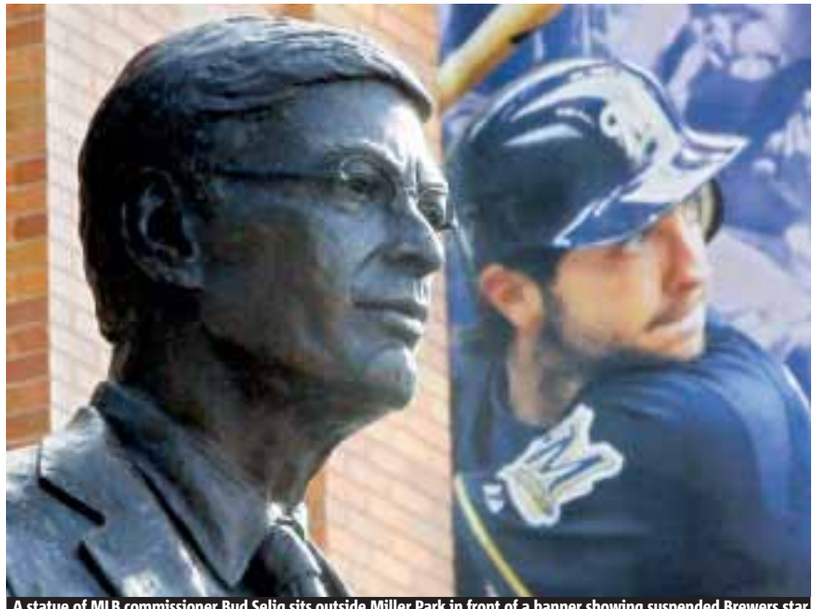
In 2006, they became the first Canadian ice dancers to win gold at the World Junior Figure Skating Championships. Since then, they've also collected gold at the 2010 Olympic Games and at the 2010 and 2012 World Figure Skating Championships.

THE CANADIAN PRESS

Former Olympic ice-dance champions Scott Moir and Tessa Virtue. GETTY IMAGES FILE

Players rub salt on Braun's 'black eye'

MLB. Colleagues not jumping up to defend former NL MVP



A statue of MLB commissioner Bud Selig sits outside Miller Park in front of a banner showing suspended Brewers star Ryan Braun on Tuesday in Milwaukee. MORRY GASH/THE ASSOCIATED PRESS

Protective no more, baseball players are downright disgusted these days with doping.

Now they are demanding even stiffer suspensions for those caught cheating.

"It's a new generation of athletes that are standing up," Travis Tygart, chief executive of the U.S. Anti-Doping Agency, said Tuesday. "The culture's been flipped on its head."

When Ryan Braun accepted a season-ending 65-game suspension Monday rather than fight Major League Baseball over evidence he used performance-enhancing drugs, fellow players appeared tired of those who cast shadows on the sport.

"They're lying to the fans," Los Angeles Angels pitcher C.J. Wilson said. "They're lying to their teammates. They're lying to their GMs, their owners, and they're going to get caught."

Skip Schumaker of the Los Angeles Dodgers said Braun let him down.

"Watching him talk right now makes me sick," Schumaker said. "I have an autographed Braun jersey in my baseball room that I'll be taking down. I don't want my son identifying what I've worked so hard to get to and work so hard to have — I don't want him comparing Braun to me."

Matt Kemp of the Dodgers, who finished second to Braun in the 2011 NL MVP vote, said the Milwaukee slugger should be stripped of the honour.

"We had conversations, and I considered him a friend," Kemp said. "I don't think anybody likes to be lied to, and I feel like a lot of people have felt, betrayed."

A-Rod not out of the woods

New York Yankee Alex Rodriguez could face a much harsher penalty, a person familiar with the case said, speaking on condition of anonymity.

- The Yankees anticipate Rodriguez could be accused of using PEDs over multiple seasons, of recruiting other athletes for the clinic, of attempting to obstruct MLB's investigation, and of not being truthful in the past when discussing his relationship with Dr. Anthony Galea, who pleaded guilty two years go to a U.S. federal charge of bringing unapproved drugs from Canada into the U.S.

One strike, you're out

"In my opinion, he should be suspended — lifetime ban."

L.A. Dodgers outfielder Skip Schumaker on Ryan Braun

Yankees manager Joe Girardi said Braun was guilty.

"You don't accept a deal unless you're guilty," he said.

"It's another black eye for our game... There's been a lot of scandals over the years, but you get tired of it," Girardi added.

THE ASSOCIATED PRESS

4 SPORTS

Election Day is August 1st 2013 in the electoral district of London West.

Polls are open from 9 AM to 9 PM.

To vote in this election, you must be:

- 18 years of age or older on August 1,
- a Canadian Citizen, **and**
- a resident of the electoral district.

To find out where you vote, visit our website, check your Notice of Registration card or call us. Each voting location will have magnifiers, Braille templates and other tools to facilitate voting.

Don't forget to take your ID and Notice of Registration card when you go to vote.

Elections Ontario

For more information, visit our website **elections.on.ca** or call 1.866.325.6241 (TTY: 1.888.292.2312).
Disponible en français

Assembling the Eh team

Here's a look at who will hit the ice at Team Canada's Olympic orientation camp in Calgary from Aug. 25-29 and who will likely don the Maple Leaf in Sochi, Russia:

THE CANADIAN PRESS
Photos by Getty Images

Goaltenders

Canada's goaltending may be the biggest question mark heading into the Olympic tournament. More than five months before the final roster is due, there's no definite No. 1, but Yzerman isn't worried.

"We'll worry about the starter after naming the final three that we'll take to Sochi," he said. "I think some of that will work itself out over the first part of the season."

Roberto Luongo won gold in 2010, but Yzerman suggested on a conference call with reporters Monday that his playing more games for the Vancouver Canucks after the Cory Schneider trade should "bode well" for his chances of making the team. Corey Crawford is obviously a hot name after helping the Chicago Blackhawks win the Stanley Cup.

Invited to camp: Luongo*, Crawford*, Carey Price*, Braden Holtby, Mike Smith.

***Denotes players projected to make the team**

Defencemen

Yzerman wants puck-movers who can get up and down the ice with ease. That's not to say there isn't room for size and physicality, but the international game on bigger ice makes speed essential.

Shea Weber of the Nashville Predators, Norris Trophy-winner P.K. Subban of the Montreal Canadiens, Drew Doughty of the Los Angeles Kings and Duncan Keith of the Blackhawks seem to be locks (barring injury) and make for an imposing top four. All but Keith are right-handed shots, but Yzerman said lefty-righty balance isn't the "end-all."

Nor should it be — Canada has a plethora of strong right-handed defencemen who would be able to play their off-side without any issue. Yzerman expects to take eight defencemen to Sochi, so there will be extras in case Babcock doesn't like what he sees.

Invited to camp: Weber*, Subban*, Doughty*, Keith*, Kris Letang*, Mike Green, Dion Phaneuf, Karl Alzner, Jay Bouwmeester, Dan Boyle, Dan Hamhuis*, Travis Hamonic, Marc Methot, Alex Pietrangelo*, Brent Seabrook*, Marc Staal, Marc-Edouard Vlasic.

Forwards

No shocker here. Canada is deepest down the middle. Sidney Crosby of the Penguins, Jonathan Toews of the Blackhawks, Steven Stamkos of the Tampa Bay Lightning, Eric Staal of the Carolina Hurricanes, John Tavares of the New York Islanders and Claude Giroux of the Philadelphia Flyers lead the crop.

Wanting to fill specific roles shouldn't be hard for Team Canada up front. Patrice Bergeron of the Boston Bruins, Jordan Staal of the Hurricanes and Mike Richards of the Los Angeles Kings could be shutdown centres, freeing up players like Crosby and Giroux to concentrate at the offensive end.

Invited to camp: Crosby*, Toews*, Stamkos*, Eric Staal*, Tavares*, Giroux*, Bergeron*, Richards*, Jordan Staal, Milan Lucic*, Rick Nash, Corey Perry*, Jeff Carter*, Martin St. Louis*, Taylor Hall*, Joe Thornton, Matt Duchene, Logan Couture, Jordan Eberle, Ryan Getzlaf, Chris Kunitz, Andrew Ladd, Brad Marchand, James Neal, Patrick Sharp*.

U.S. team sets sights on Sochi and beyond

Alex Galchenyuk hadn't even made his junior-hockey debut and Jacob Trouba was still two years away from playing at the University of Michigan when the United States won a silver medal at the 2010 Olympics in Vancouver.

When the U.S. team gathers for its Sochi 2014 Olympic orientation camp next month, the Montreal Canadiens forward and Winnipeg Jets defenceman will be among 16 players born in the 1990s taking part. And while the likes of Galchenyuk, Trouba, Toronto Maple Leafs defenceman Jake Gardiner and Anaheim Ducks goaltending prospect John Gibson aren't assured of roster spots, having them there is part of a concerted effort to build for the future.

"We have a little bit different of a philosophy than 2010: We're inviting a lot of these younger players, really wanted a component of that," U.S. general manager David Poile said. "I'm not going to lose our focus in terms of what it's all about, and that's Sochi.

"But I want them to be around some of these more veteran guys and I want them to be part of it because whether it's today or somewhere down the road, they're going to be a big part of it."

Quoted

"I'd love to see one of these younger players emerge and capture a spot. That would be fabulous."

U.S. general manager David Poile

In 2010, then GM Brian Burke, Poile and the U.S. management staff hoped that with a generation of veterans like Keith Tkachuk, Chris Chelios and Mike Modano gone, players like Zach Parise and Ryan Suter could take over. They're now expected to be the stars, along with Chicago Blackhawks right-winger Patrick Kane and Los Angeles Kings goaltender Jonathan Quick, the last two Conn Smythe Trophy winners.

What Poile and assistant GM Ray Shero wanted in choosing 48 players for orientation camp was to reward success, specifically on the international stage.

"(Winning) a silver medal in Vancouver certainly represents a certain degree of success for these up-and-coming younger players," Poile said. "Now they're in a position where they should be our best players and they should be our leaders."

Galchenyuk, Trouba and Gibson were part of the U.S. team that won a bronze medal at the world championships in May, as was Florida Panthers forward Nick Bjugstad. Nashville Predators defenceman Seth Jones, who at 18 years old was the youngest player invited to camp, helped the U.S. win gold at the world junior championship in Ufa, Russia.

Making it to the Washington Capitals' practice facility in Arlington, Va., next month for camp is no guarantee that any of them make the final 25-man roster. But Poile sees value in having the young players there.

"I want them to be part of this experience and we'll just see what happens," he said. "If they're not better than somebody right now, that's fine."

THE CANADIAN PRESS

NHL

Jersey shores up offence by signing 41-year-old Jagr

The New Jersey Devils have signed forward Jaromir Jagr to make up for some of the scoring lost with the retirement of Ilya Kovalchuk.

Devils general manager Lou Lamoriello announced the signing Tuesday. The one-year contract is worth $2 million US.

Jagr said three or four teams were interested in signing him. However, he said he wasn't able to command as much attention or money as in past years because he is now 41 and many teams didn't have the money to spend.

"In my stage, because I love the game, I was looking for the team where I was going to have the opportunity to play," Jagr said in a conference call. "I was talking to Lou before Kovalchuk retired.

"And after he retired, I think it was even more important for me to play on the Devils."

Jagr split last season with the Dallas Stars and Boston Bruins, scoring a combined 16 goals and 19 assists in 45 games.

THE ASSOCIATED PRESS

An Arizona court has ruled Lakers point guard Steve Nash may have to pay additional child support for his three children. GETTY IMAGES FILE

Court of Appeals. Nash ordered to end social media feud with ex-wife

An Arizona appellate court says Los Angeles Lakers star Steve Nash may have to pay additional child support for his three children and that he and his ex-wife can't say bad things about each other through social media.

A Court of Appeals panel's ruling Tuesday says a judge must consider ordering the Victoria native to pay more than the children's "basic needs."

The court also upheld a judge's order barring the couple from disparaging each other through social media.

It said Alejandra Amarilla Nash used her Twitter account to make a "biting criticism" of Nash after their divorce was granted.

The ruling says the order doesn't violate her free-speech rights because both agreed to limit their speech under their joint custody agreement.

The couple divorced in 2011. They have a son and two daughters. THE ASSOCIATED PRESS

The 2014 Dodge Durango

ALL PHOTOS WHEELBASEMEDIA.COM

Compare

1 Honda Pilot
Base price: $36,600

2 Ford Explorer
Base price: $31,700

Review. Part Jeep, part Dodge, all family

MALCOLM GUNN
wheelbasemedia.com

It may seem like a stretch, pardon the pun, but if you're looking for more passenger room than a Jeep Grand Cherokee, you'll be looking for a Dodge.

The related Dodge Durango for 2014 actually uses the Jeep Grand Cherokee's bones, but finds room to fit up to seven passengers versus the Jeep's five. We told you it was a stretch. Actually, it's a rubber-band-like 13-centimetre stretch between the front and rear wheels with 25 extra centimetres added between the front and rear bumpers. That's enough to squeeze in three rows of seats with space left over to tote a decent amount of groceries, sports equipment, luggage or what-have-you.

The long-serving Durango was introduced for the 1998 model year as a truck-based sport-utility vehicle with body-on-frame construction, but the vehicle switched to a unitized (frameless) design for 2011. At that point, Durango sales ballooned as buyers began to embrace the vehicle for its exemplary cargo and passenger-toting capabilities. The 2014 edition that arrives this fall is more of an update than a full-on makeover, but the changes are still significant.

In back, there are new tail light pods containing light-emitting diode (LED) running lights along with Dodge's signature "racetrack" tail light system at the rear where an additional 192 LEDs fire up in milliseconds to keep inattentive tailgaters at bay.

Inside, there's a new three-spoke steering wheel and the instrument cluster has been reworked to accommodate the standard five-inch touch-screen info centre. Among the new options, second-row high-back bucket seats with an available full centre console can be ordered on all trim levels.

The Durango's engine compartment is familiar, with both the base 290-horsepower 3.6-litre V6 and the optional 360-horsepower 5.7-litre "Hemi" V8 returning for duty.

All-wheel-drive remains standard, but the drive system you get depends on engine choice. The V6 uses a permanently engaged system that automatically varies the torque between the front and rear wheels, depending on where it's needed. The AWD V8 comes with a part-time unit with a two-speed transfer case for when maximum torque is needed, such as when heading up an extra-steep hill.

The V6 is standard in the base SXT, R/T, new-for-2014 Limited and range-topping Citadel models (both rear and all-wheel-drive). The V8 is optional for the Limited and Citadel, but standard in the R/T.

Regardless of trim level, the Durango continues to deliver a level of ruggedness, interior capacity and outright performance swagger that few $40,000 to $50,000 sport utility vehicles can match at any price. And in terms of passenger count, it even outdoes the Grand Cherokee.

2014 Dodge Durango

- **Type.** Four-door, all-wheel-drive full-size sport utility vehicle
- **Engines (hp).** 3.6-litre DOHC V6 (290); 5.7-litre OHV V8 (360)
- **Transmissions.** Eight-speed automatic
- **Base price (incl. destination)** $41,800

Interior & Technology

The new Limited receives a "limited" amount of gear destined for the Citadel, such as leather-covered seats (heated in front), heated steering wheel and an 8.4-inch (21-centimetre) screen for the Durango's "Uconnect" infotainment and mobile communications system.

Fuel economy

Without releasing specific numbers, Dodge claims that the new transmission will help increase the Durango's overall fuel economy by about nine per cent, which should translate into a modest improvement for the V6's current 13 l/100 km city rating and 8.8 highway, and the V8's 16.6/10 numbers.

Design

Dodge's stylists have tinkered with the vehicle's front and rear shape. There's a slimmer "split-hair" grille with a mesh-like backdrop and an enlarged lower air intake (also featuring the mesh effect).

Featured Vehicle

NEW 2013 DODGE AVENGER

$125 BI-WEEKLY PAYMENT AMOUNT plus tax & licencing

#43459

Interest rate 3.9%. Term of lease 48 months. Down payment $2900. $0 security deposit.

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Lease offer example on a new 2013 Dodge Avenger 3.9% lease APR for a 48 month term. Bi-Weekly payment of $125.00 with $2900.00 down payment or equivalent trade–in. Includes freight and fees and no security deposit required. Lease based on a maximum of 15,000 km per year with excess charged at $0.19/km. Total lease obligation is $17,980. Total due on delivery $3297.00

One of these things is not like the others

Autopilot. Nissan's DeltaWing exits early but wins more fans at Canadian racing debut

AUTO PILOT
Mike Goetz
drive@metronews.ca

The DeltaWing's extreme aerodynamics are courtesy of its rocket-like stylings. BOTH PHOTOS RICK DOLE

Bird's eye view of DeltaWing.

If you've ever wondered, like I have, what the world's most interesting man might drive if he raced cars, then wonder no more. The answer is Nissan's DeltaWing, the world's most interesting racing car.

DeltaWing made its Canadian racing debut at last weekend's ALMS series stop at Mosport (now officially called Canadian Tire Motorsport Park). As predicted, it immediately became the crowd favourite, from when it first showed up at practice Thursday morning to when it retired early, on lap 15, during Sunday's race. The early retirement, due to low engine oil pressure, was a shame, because the first of its co-drivers, Andy Meyrick, had DeltaWing running second at the time and looking really good for a strong finish, something that's been hard to come by this season for DeltaWing.

Of course, DeltaWing gets its notoriety from being "not like the others."

DeltaWing looks like a rocket laid sideways — small front, big rear. Most racecars look like they're ready to eat corners. The DeltaWing looks like it would rather not turn, thank you. It looks the way it does because of its unique mission — to win endurance races by using half the fuel and half the tire material of a "regular" LMP1 class Le Mans racer.

DeltaWing's engineers believe this is possible because they've designed the car to have half the aerodynamic drag and half the weight of a current LMP1 or LMP2 racer (1,000 pounds versus 2,000 pounds). This means DeltaWing can do its racing thing with a smallish engine.

For this year's American Le Mans Series (ALMS) campaign, it's fitted with a turbo-charged four-cylinder 1.9-litre engine producing about 350 horsepower. By way of contrast, the overall winner of Sunday's race, the Muscle Milk Pickett Racing ARX-03, is powered by a Honda Racing 3.4-litre V8, making close to 600 horsepower.

Pre-practice on Thursday, I asked Andy Meyrick if he ever got used to the sight of the DeltaWing, or does it still freak him out?

"It's become normal now, I love it," says Meyrick. "(Co-driver) Katherine (Legge) and I call it our little baby."

You'd think those closely-spaced front tires aren't going to give you much cornering bite, but you'd be wrong. Meyrick says it's actually a pleasure to drive, mostly because it's so light.

"It changes direction easily, and you don't get the huge weight distribution and subsequent pitch in the car. So (you) just have to get used to how it feels. Very nimble. And with low drag we keep accelerating all the way down the straightaway."

Racing DeltaWing is certainly challenging in one regard — it's still a work in progress, and in need of constant development. But Meyrick says the team enjoys the challenge and believes the process ultimately makes the team and the car stronger. It looks different, but Meryrick notes that many of history's greatest racecars have also challenged conventional views — it's what they do.

"DeltaWing really challenges the way we go racing," says Meyrick.

So while DeltaWing may now challenge our conception of a go-fast car, who knows how "normal" it might become in the future. Notes Meyrick: "The numbers speak for themselves and the fans love it."

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Horoscopes

♈ Aries
March 21 - April 20
Don't reveal too much about what you are planning. Certain things should remain a secret, no matter how much you might want friends to know. Don't clam up completely but be careful what you say.

♉ Taurus
April 21 - May 21
As Venus, planet of love and beauty, is moving through the most dynamic area of your chart, you can be sure that opportunities to be creative and to have fun will come thick and fast. Don't ignore them.

♊ Gemini
May 22 - June 21
Family problems are not nearly as bad as you think. A little more understanding on your part will go a long way towards healing emotional rifts.

♋ Cancer
June 22 - July 23
There is something you need to let go of, something that has become a burden. What that something is only you know for sure but now is the time to get rid of it. You will feel an incredible sense of release.

♌ Leo
July 24 - Aug. 23
Sit back and marvel at all the wonderful things that come your way. Even when you do have to make an effort, helpful activity in the money area of your chart will make it easy for you to turn ideas into cash.

♍ Virgo
Aug. 24 - Sept. 23
You want to indulge, and there is no reason why you should not. Take care you don't indulge to an extent that leaves nothing to yearn for tomorrow. You can have too much.

♎ Libra
Sept. 24 - Oct. 23
If you are happy on the inside you will be happy on the outside, so think only loving, happy thoughts over the next 24 hours. Look on the bright side in everything you do.

♏ Scorpio
Oct. 24 - Nov. 22
If someone offers you something you have been craving, take it. There's no catch involved. They simply want to do something that makes your life more exciting.

♐ Sagittarius
Nov. 23 - Dec. 21
Someone in authority has taken a liking to you and will go out of their way to smooth your path to success. You don't have to do anything special, just carry on doing what you've been doing recently.

♑ Capricorn
Dec. 22 - Jan. 20
You have so much to look forward to, so much to be happy about, so try to be a bit more relaxed. Sometimes you can be a bit too serious, a bit too tense. Lighten up. Life is supposed to be enjoyed.

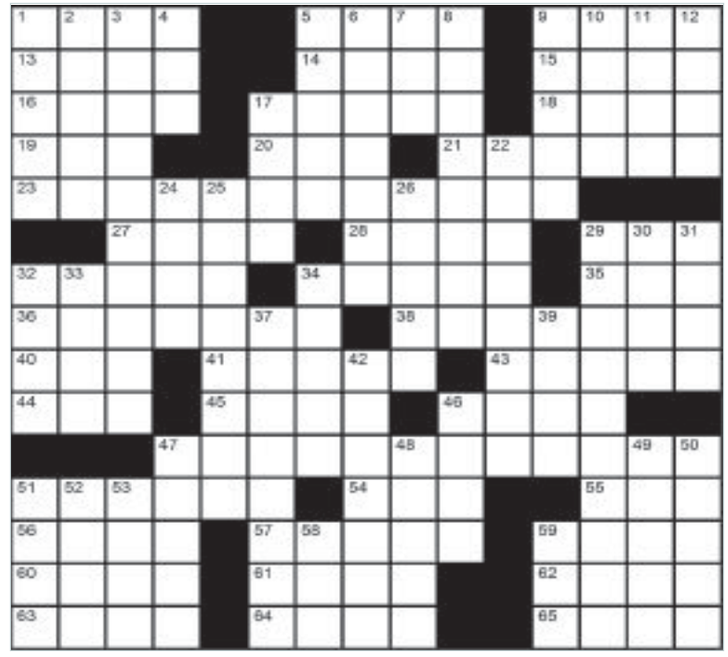
♒ Aquarius
Jan. 21 - Feb. 19
Good news about your financial situation is not far. So stop worrying about dollars and cents. Money will come to you when you most need it, from sources old and new.

♓ Pisces
Feb. 20 - March 20
You may not want to ask for assistance but you know you must. With Venus now moving through the partnership area of your chart, you will get all the help you need — and then some. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



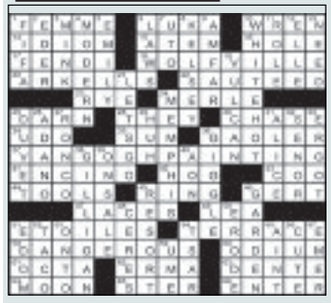
Across

1. Golden sunburst beams
5. Commissioner Gordon's force in comics [acronym]
9. Green hue
13. "I had no __." (Really?)
14. Mixture
15. S-shaped moulding
16. Period of calmness
17. Was a bee, used its pain-inflicter
18. River of Russia
19. M's spelled-out preceder
20. Friend: French
21. Actress Gail
23. TSX company identifiers: 2 wds.
27. Problems
28. Fuss
29. Eating-spot-with-trays, for short
32. Eucharist bread plate
34. Poet of ancient Greece
35. Whoopi Goldberg's Oscar-winning role, __ Mae Brown
36. Movie poison
38. More concise
40. __-Mex (Cuisine style)
41. Zodiac creatures
43. Bid
44. __ Lanka
45. Actress Ms. Hudson
46. Bigger than big
47. Rocky Mountain ledge grazer which is Alberta's provincial mammal: 2 wds.
51. Sound system sort
54. Midweek day, for short
55. Street surfacing
56. Psychedelic light, __ lamp
57. Eggs: French
59. Fury
60. Prayer sign-off
61. Egypt's river
62. Title-starter of a Shakespeare play
63. Grand __, ON
64. Pretoria's locale, _.__.
65. Labouriously makes a living

Down

1. Gets to
2. Music genre, __ Contemporary
3. Joni Mitchell song: "Big __ __"
4. Mr. Mineo
5. George Harrison hit: "__ __ Mind Set on You"
6. __-__-fame
7. Debit card holder's li'l code
8. Well-intentioned sort
9. Days: French
10. Taj†Mahal's site
11. Exhausted
12. Moray-like
17. Back talk
22. Canada, __ and Free
24. Filmmakers Joel and Ethan, __ Brothers
25. T-Bird member in "Grease" (1978)
26. Exploding devices
29. Mike Myers SNL sketch, "__ __ with Linda Richman"
30. 'Chick' suffix
31. Jamie of "M*A*S*H"
32. Takes for agents, for short
33. Sure-saying sailor
34. Moor shrub
37. RCD = Royal Canadian __
39. Alphabetic sequence
42. Scandinavia-set epic tale
46. Palm places, puny-ly
47. Kraft, Aero or Tide, etc.
48. Look up
49. Bird of Jove
50. The Canadian __ (News agency)
51. Concrete chunk
52. Gentle
53. Balanced
58. Shuffled up vowels
59. "Norma __" (1979)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	3	4	5	2	8	9	1	7
2	1	5	7	9	6	8	3	4
8	7	9	1	3	4	6	2	5
4	6	3	9	7	2	1	5	8
1	5	8	6	4	3	7	9	2
7	9	2	8	5	1	4	6	3
9	4	1	3	8	5	2	7	6
3	2	7	4	6	9	5	8	1
5	8	6	2	1	7	3	4	9

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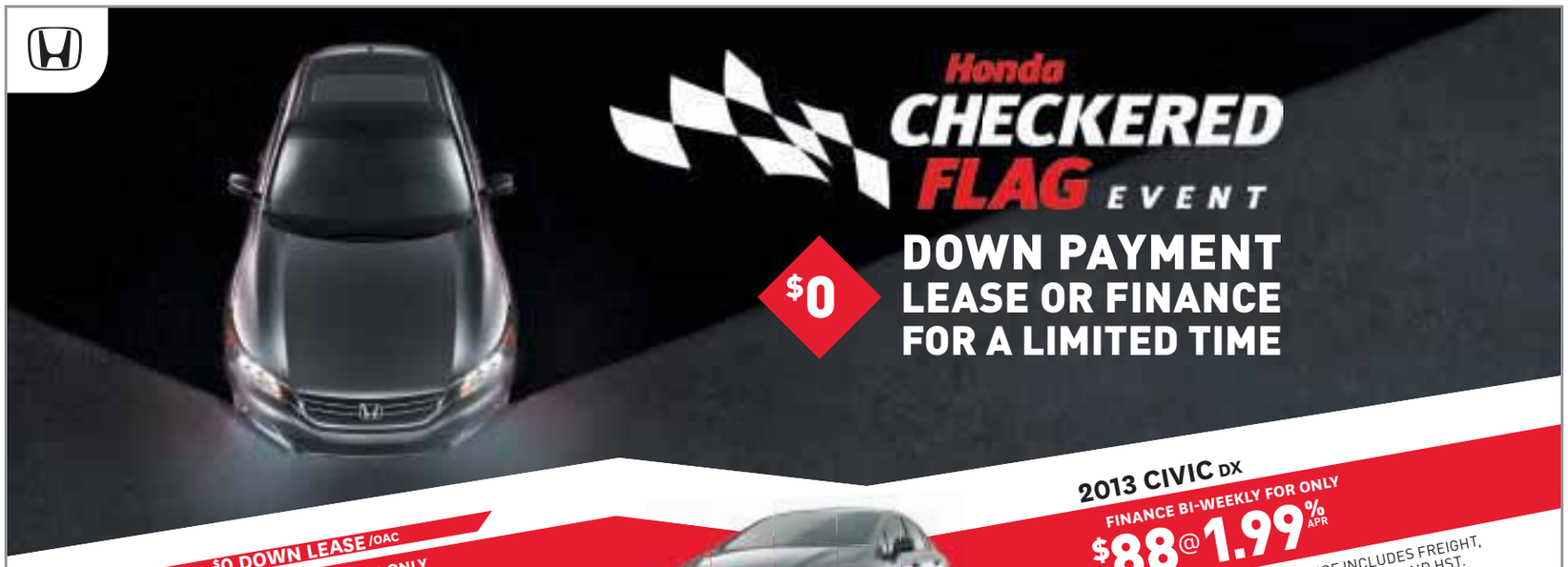

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The bi-weekly payment is $88 // $140.66 // $143.42 (includes $1,495 // $1,640 // $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C levy ($100 except Civic DX), and OMVIC fee ($5)) with $0 // $0 // $0 down payment or equivalent trade-in, $0 security deposit and first bi-weekly payment due at lease inception. Total lease obligation is $11,439.80 // $18,285.35 // $18,645.04. 120,000 // 120,000 // 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. †Limited time purchase finance offers available through Honda Financial Services Inc. (HFS), on approved credit. Representative bi-weekly finance examples: based on a 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) models on an 84 // 84 // 84 month term with 182 // 182 // 182 bi-weekly payments at 1.99% // 1.99% // 3.99% APR and $1,600 // $2,395 // $1,750 Finance incentive and $0 // $0 // $200 customer incentive and $431 // $0 // $0 individual dealer contribution deducted from the negotiated selling price before taxes. Finance incentive applies only to Finance contracts through HFS. Finance incentive, customer incentive and individual dealer contribution can be combined with subvented rates of interest offered by Honda as part of a low rate interest program. Complete price of $16,970 // $27,765 // $25,765 [includes $1,495 // $1,640 // $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C levy ($100 except Civic DX), and OMVIC fee ($5). Excludes taxes, license, insurance, and registration]. Cost of borrowing is $1,077.28 // $1,829.20 // $3,519.44 for a total finance obligation of $16,016.28 // $27,199.20 // $27,334.44. $0 // $0 // $0 down payment required based on approved credit from Honda Financial Services Inc. ^Limited time 0.99% APR lease offers on a new 2013 Honda Fit DX (Model GE8G2DEX) // 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) for a maximum of 24 // 24 // 24 // 36 months available through Honda Financial Services Inc., on approved credit. Representative lease example: based on a 2013 Honda CR-V LX 2WD (Model RM3H3DES) on a 24 month term at 0.99% lease APR, the monthly payment is $471.21 [includes $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C levy ($100), and OMVIC fee ($5)] with $0 down payment or equivalent trade-in, $0 security deposit and first monthly payment due at lease inception. Total lease obligation is $11,309.04. 48,000-kilometre allowance; charge of $0.12/km for excess kilometres. ˇReceive 0.99% purchase financing on any new 2013 Honda Fit DX (Model GE8G2DEX) // 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) models for a maximum of 24 // 48 // 24 // 48 months available through Honda Financial Services Inc., on approved credit. Representative finance example: based on a 2013 Honda CR-V LX 2WD (Model RM3H3DES) on a 48 month term at 0.99% APR and complete price of $27,765 [includes $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C levy ($100) and OMVIC fee ($5). Excludes taxes, license, insurance, and registration], the monthly payment is $590.20. Cost of borrowing is $564.60 for a total finance obligation of $28,329.60. Down payment or equivalent trade-in on purchase financing offers may be required based on approved credit from Honda Financial Services Inc. *Bi-weekly lease available on all 2013 Honda models on 48 and 60-month terms only. ◆$4,000 // $4,000 // $3,000 // $2,500 // $2,000 // $1,500 // $1,000 // $500 customer cash incentive is valid on any new 2013 Honda Pilot // 2013 Honda Odyssey // 2013 Honda Ridgeline // 2013 Honda CR-V (except LX 2WD, model RM3H3DES) // 2013 Honda Crosstour // 2013 Honda Accord Coupe and Sedan (except LX Sedan 6MT, model CR2E3DE) // 2013 Civic Coupe and Sedan (except DX Sedan, model FB2E2DEX) // 2013 Honda Fit (except DX, model GE8G2DEX) models when registered and delivered between July 3rd and July 31st, 2013. Cash incentive is available for all Honda retail customers except customers who lease or finance through Honda Financial Services Inc. at a subvented rate of interest offered by Honda as part of a low rate interest program. All advertised lease and finance rates are special rates. Cash incentive will be deducted from the negotiated price before taxes. For all offers: license, insurance, PPSA, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may sell/lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. **Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2012.